

According to the Spanish proverb, four persons are wanted for to make a good salad: a spendthrift for oil, a miser for vinegar, a counselor for salt, and a madman to stir it all up.

—Abraham Hayward, English writer (1801–1884)

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SALADS AND SALAD DRESSINGS



GOTHAM BAR & GRILL, New York, NY
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AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:

- identify a variety of salad greens
- prepare a variety of salad dressings
- prepare a variety of salads
- present salads attractively

This chapter discusses all types of salads: the small plate of crisp iceberg lettuce with tomato wedges, cucumber slices and ranch dressing; the dinner plate of sautéed duck breast fanned across bright red grilled radicchio and toothy green arugula, sprayed with a vinaigrette dressing; the scoop of shredded chicken, mango chutney and seasonings, bound with mayonnaise; and the bowl of artichokes and mushrooms marinated in olive oil and lemon juice.

Each of these dishes fits the definition of a salad: a single food or a mix of different foods accompanied or bound by a dressing. A salad can contain meat, grains, fruits, nuts or cheese and absolutely no lettuce. It can be an appetizer, a second course served after the appetizer, an entrée (especially at lunch), a course following the entrée in the European manner or even dessert.

The color, texture and flavor of each salad ingredient should complement those of the others, and the dressing should complement all the ingredients. Harmony is critical to a salad's success—no matter what type of salad is being prepared.

This chapter opens with a section identifying greens commonly used in salads. A discussion of salad dressings follows. Finally, techniques for preparing green salads (both tossed and composed), bound salads, vegetable salads and fruit salads are discussed.

Salad Greens

IDENTIFYING SALAD GREENS

Salad greens are not necessarily green: Some are red, yellow, white or brown. They are all, however, leafy vegetables. Many are members of the lettuce or chicory families.

LETTUCE

Lettuce (Fr. *laitue;* It. *lattuga*) has been consumed for nearly as long as people have kept records of what they and others ate. Archaeologists found that Persian royalty were served lettuce at their banquets more than 2500 years ago. Now grown and served worldwide, lettuces are members of the genus *Lactuca*. The most common types of lettuce are butterhead, crisp head, leaf and romaine.

Boston

Boston and bibb are two of the most popular butterhead lettuces. Their soft, pliable, pale green leaves have a buttery texture and flavor. Boston is larger and paler than bibb. Both Boston and bibb lettuce leaves form cups when separated from the heads; these cups make convenient bases for holding other foods on cold plates.



Boston

Iceberg

Iceberg lettuce is the most common of all lettuce varieties in the United States; it outsells all other varieties combined. Its tightly packed spherical head is composed of crisp, pale green leaves with a very mild flavor. Iceberg lettuce remains crisp for a relatively long time after being cut or prepared. Select heads that are firm but not hard and leaves that are free of burnt or rusty tips.



Iceberg

Leaf

Leaf lettuce grows in bunches. It has separate, ruffle-edged leaves branching from a stalk. Because it does not grow into a firm head, it is easily damaged during harvest and transport. Both red and green leaf lettuce have bright colors, mild flavors and tender leaves. Good-quality leaf lettuce should have nicely shaped leaves free of bruises, breaks or brown spots.



Red and Green Leaf Lettuces

Romaine

Romaine lettuce, also known as **cos,** is a loosely packed head lettuce with elongated leaves and thick midribs. Its outer leaves are dark green and although they look coarse, they are crisp, tender and tasty without being bitter. The core leaves are paler and more tender but still crisp. Romaine has enough flavor to stand up to strongly flavored dressings such as the garlic and Parmesan cheese used in a Caesar salad. A good-quality head of romaine has dark green outer leaves that are free of blemishes or yellowing.



Romaine

Baby Lettuces

Innovative chefs are always looking for new and different foods to add a twist or flair to their dishes. This has led to the popularity of baby lettuces and other specialty greens. Baby greens have similar but more subtle flavors than their mature versions. They are often less bitter and are always more tender and delicate. Because of their size and variety, they are perfect for composed salads. **Mesclun** is a mixture of several kinds of baby lettuces.



Brune d'Hiver



Lola Rosa



Red Sails



Baby Green Bibb



Baby Red Bibb



Baby Red Oak Leaf



Pirate



Baby Red Romaine


Micro Greens

Micro greens are even smaller than baby lettuces. They are the first true leaves of virtually any edible greens, such as lettuce, spinach, kale and so on. Micro greens are very fragile and must be handpicked and carefully packaged for delivery. Chefs enjoy using them as garnish, especially on entrée and appetizer plates.

Chicory

Chicories come in a variety of colors, shapes and sizes; most are slightly bitter. Chicories are quite hearty and can also be cooked, usually grilled or braised.


Belgian Endive

Belgian Endive

Belgian endive grows in small, tight heads with pointed leaves. It is actually the shoot of a chicory root. The small sturdy leaves are white at the base with yellow fringes and tips. (A purple-tipped variety is sometimes available.) Whole leaves can be separated, trimmed and filled with soft butters, cheeses or spreads and served as an hors d'oeuvre, or they can be used for composed salads. The leaves, cut or whole, can also be added to cold salads. Heads of Belgian endive are often braised or grilled and served with meat or poultry. As the name suggests, Belgian endive is imported from Belgium.


Curly Endive

Curly Endive

In the United States, curly endive is often called by its family name, chicory, or its French name, frisée (free-ZAY). The dark green outer leaves are pointed, sturdy and slightly bitter. The yellow inner leaves are more tender and less bitter. Curly endive has a strong flavor that goes well with strong cheeses, game and citrus. It is often mixed with other greens to add texture and flavor.


Escarole

Escarole

Escarole (es-kah-ROLE), sometimes called broadleaf endive, has thick leaves and a slightly bitter flavor. It has green outer leaves and pale green or yellow center leaves. Escarole is very sturdy and is often mixed with other greens for added texture. Its strong flavor stands up to full-flavored dressings and is a good accompaniment to grilled meats and poultry.


Radicchio

Radicchio

Radicchio (rah-DEE-kee-oh) resembles a small red cabbage. It retains its bright reddish color when cooked and is popular braised or grilled and served as a vegetable side dish. Because of its attractive color, radicchio is popular in cold salads, but it has a very bitter flavor and should be used sparingly and mixed with other greens in a tossed salad. The leaves form cups when separated and can be used to hold other ingredients when preparing composed salads. Radicchio is quite expensive and availability is sometimes limited.

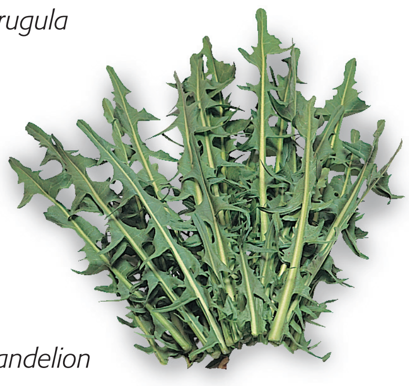
OTHER SALAD GREENS AND INGREDIENTS

Leafy vegetables besides lettuce and chicory, as well as other ingredients, are used to add texture, flavor and color to salads. A partial listing follows.


Arugula

Arugula

Arugula (ah-ROO-guh-lah), also known as rocket, is a member of the cabbage family. Arugula leaves are somewhat similar to broad dandelion leaves in size and shape. The best are 2 to 4 inches (5 to 10 centimeters) long. Arugula has a very strong, spicy, peppery flavor—so strong, in fact, that it is rarely served by itself. It is best when used to add zip to salads by combining it with other greens.


Dandelion

Dandelion

Dandelion grows as a weed throughout most of the United States. It has long, thin, toothed leaves with a prominent midrib. When purchasing dandelion for

salads, look for small leaves; they are more tender and less bitter. Older, tougher leaves can be cooked and served as a vegetable.



Mâche

Mâche

Mâche (mahsh) or lamb's lettuce is very tender and very delicately flavored. Its small, curved, pale to dark green leaves have a slightly nutty flavor. Because its flavor is so delicate, mâche should be combined only with other delicately flavored greens such as Boston or bibb lettuce and dressed sparingly with a light vinaigrette dressing.



Sorrel

Sorrel

Sorrel, sometimes called sourgrass, has leaves similar to spinach in color and shape. Sorrel has a very tart, lemony flavor that goes well with fish and shellfish. It should be used sparingly and combined with other greens in a salad. Sorrel can also be made into soups, sauces and purées.



Spinach

Spinach

Like sorrel, spinach can be cooked or used as a salad green. As a salad green, it is popularly served tossed with hot bacon dressing. Spinach is deep green with a rich flavor and tender texture. Good-quality spinach should be fairly crisp. Avoid wilted or yellowed bunches.



Sprouts

Sprouts

Sprouts are not salad greens but are often used as such in salads and sandwiches. Sprouts are very young alfalfa, daikon or mustard plants. Alfalfa sprouts are very mild and sweet. Daikon and mustard sprouts are quite peppery.



Watercress

Watercress

Watercress has tiny, dime-sized leaves and substantial stems. It has a peppery flavor and adds spice to a salad. Good-quality fresh watercress is dark green with no yellowing. To preserve its freshness, watercress must be kept very cold and moist. It is normally packed topped with ice. Individual leaves are plucked from the stems and rinsed just before service.



Nasturtiums

Edible Flowers

Many specialty produce growers offer edible, pesticide-free blossoms. They are used for salads and as garnishes wherever a splash of color would be appreciated. Some flowers such as nasturtiums, calendulas and pansies are grown and picked specifically for eating. Others, such as yellow cucumber flowers and squash blossoms, are by-products of the vegetable industry.

Squash blossoms and other very large flowers should be cut in julienne strips before being added to salads. Pick petals from large and medium-sized flowers. Smaller whole flowers can be tossed in a salad or used as a garnish when composing a salad. Very small flowers or petals should be sprinkled on top of a salad so that they are not hidden by the greens.



Calendulas



Pansies

Fresh Herbs

Basil, thyme, tarragon, oregano, dill, cilantro, marjoram, mint, sage, savory and even rosemary are used to add interesting flavors to otherwise ordinary salads. Because many herbs have strong flavors, use them sparingly so that the delicate flavors of the greens are not overpowered. Leafy herbs such as basil and sage can be cut chiffonade. Other herbs can be picked from their stems or chopped before being tossed with the salad greens. Flowering herbs such as chive blossoms are used like other edible

SAFETY ALERT

FLOWERS

Many flowers and blossoms are toxic, especially those grown from bulbs. Even flowers that would otherwise be edible may contain pesticides that can be harmful if ingested. Use only flowers grown specifically for use as food; purchase edible flowers only from reputable purveyors.

flowers to add color, flavor and aroma. Refer to Chapter 7, Kitchen Staples, for more information on herbs.

NUTRITION

Salad greens are an especially healthful food. Greens contain virtually no fat and few calories and are high in vitamins A and C, iron and fiber. But when greens are garnished with meat and cheese and tossed with a dressing (many of which are oil based), fat and calories are added. In an attempt to maintain the healthful nature of greens, low-fat or fat-free dressings should be available to customers.

PURCHASING AND STORING SALAD GREENS

PURCHASING

Lettuces are grown in nearly every part of the United States; nearly all types are available year-round. Other important salad greens such as spinach are available all year; many of the specialty greens are seasonal.

Lettuce is generally packed in cases of 24 heads with varying weights. Other salad greens are packed in trays or boxes of various sizes and weights.

Because salad greens are simply washed and eaten, it is extremely important that they be as fresh and blemish-free as possible. Try to purchase salad greens daily. All greens should be fresh looking, with no yellowing. Heads should be heavy, with little or no damage to the outer leaves.

Many types of salad greens are available precut and prewashed. These greens are often vacuum-packed to increase shelf life, although delicate greens are sometimes loosely packaged in 5- to 10-pound (2- to 5-kilogram) boxes. Precut and prewashed greens are relatively expensive, but can reduce labor costs dramatically.

STORING

Although some types of salad greens are hearty enough to keep for a week or more under proper conditions, all salad greens are highly perishable. Generally, softer-leaved varieties such as Boston and bibb tend to perish more quickly than the crisper-leaved varieties such as iceberg and romaine.

Greens should be stored in their original protective cartons in a specifically designated refrigerator. Ideally, greens should be stored at temperatures between 34°F and 38°F (1°C and 3°C). (Most other vegetables should be stored at warmer temperatures of 40°F to 50°F [4°C to 10°C].) Greens should not be stored with tomatoes, apples or other fruits that emit ethylene gas, which causes greens to wilt and accelerates spoilage.

Do not wash greens until you need them, as excess water causes them to deteriorate quickly.

PREPARING SALAD GREENS

Unless salad greens are purchased precut and prewashed, they will need to undergo some preparation before service, principally tearing, cutting, washing and drying.

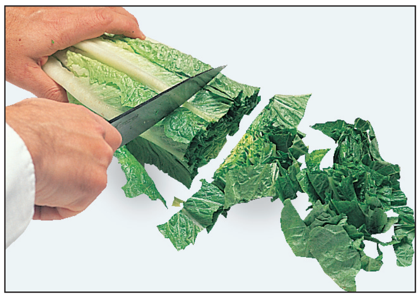
TEARING AND CUTTING

Some chefs want all salad greens torn by hand. Delicate greens such as butterhead and baby lettuces look nicer, and it is less likely they will be bruised if hand-torn. But often it is not practical to hand-tear all greens. It is perfectly acceptable to cut hardy greens with a knife.

PROCEDURE FOR CUTTING ROMAINE LETTUCE



1 To cut romaine lettuce, trim the outer leaves and damaged tips with a chef's knife and split the head lengthwise.



2 Make one or two cuts along the length of the head, leaving the root intact, then cut across the width of the head.



3 Alternative method: Trim the outer leaves and damaged tips with a chef's knife. Pull the leaves from the core and cut the rib out of each leaf. The leaf can then be cut to the desired size.

PROCEDURE FOR CORING ICEBERG LETTUCE



1 Loosen the core by gripping the head and smacking the core on the cutting board. (Do not use too much force or you may bruise the lettuce).



2 Remove the core and cut the lettuce as desired.

PROCEDURE FOR REMOVING THE MIDRIB FROM SPINACH



Fold the leaf in half and pull off the stem and midrib. Only the tender leaf should remain.

SAFETY ALERT

HAND WASHING

Because salads are not cooked, it is especially important to be extra careful about proper hand washing when preparing them. Remember that many health departments require single-use gloves to be worn—and changed frequently—whenever working with products that will not be cooked before service.

WASHING

All lettuces and other salad greens should be washed before use. Even though they may look clean, greens may harbor hidden insects, sand, soil and pesticides. All greens should be washed after they are torn or cut. Whole heads can be washed by repeatedly dipping them in cold water and allowing them to drain. But washing whole heads is not recommended: It will not remove anything trapped near the head's center, and water trapped in the leaves can accelerate spoilage.

▶ PROCEDURE FOR WASHING SALAD GREENS



1 Fill a sink with very cold water. Place the cut or torn greens in the water.



2 Gently stir the water and greens with your hands and remove the greens. Do not allow the greens to soak. Using fresh water each time, repeat the procedure until no grit can be detected on the bottom of the sink after the greens are removed.

DRYING

Salad greens should be dried after washing. Wet greens do not stay as crisp as thoroughly dried ones. Also, wet greens tend to repel oil-based dressings and dilute their flavors. Greens may be dried by draining them well in a colander and blotting them with absorbent cloth or paper towels, or, preferably, they can be dried in a salad spinner, which uses centrifugal force to remove the water.

▶ PROCEDURE FOR DRYING GREENS



After washing the greens, place them in the basket of a salad spinner and spin for approximately 30 seconds.

Salad Dressings

A dressing is a sauce for a salad. Just as sauces for hot foods should complement rather than mask the flavor of the principal food, the sauce (dressing) for a salad should complement rather than mask the flavors of the other ingredients. Although a great many ingredients can be used to make salad dressings, most are based on either a mixture of oil and vinegar, called a vinaigrette, or a mayonnaise or other emulsified product.

Vinaigrette-style dressings can be made without oil; creamy dressings similar to mayonnaise-based dressings can be made with sour cream, yogurt or buttermilk instead of mayonnaise. Nevertheless, for all practical purposes these dressings are still prepared like vinaigrettes and mayonnaise-based dressings and they are treated that way here.

VINAIGRETTE DRESSINGS

The simple vinaigrette, also known as basic **French dressing,** is a temporary emulsion of oil and vinegar seasoned with salt and pepper. The standard ratio is three parts oil to one part vinegar. The ratio can vary, however. When using strongly flavored oils, less than three parts oil to one part vinegar generally suffices. In some recipes, all or part of the vinegar is replaced with citrus juice, in which case, it may take more than one part vinegar and citrus juice to three parts oil to achieve the proper acidity level. The best way to determine the correct ratio of oil to vinegar is to taste the dressing, preferably on the food it will dress.

French dressing classically, a vinaigrette dressing made from oil, vinegar, salt and pepper; In the United States, the term also refers to a commercially prepared dressing that is creamy, tartly sweet and red-orange in color

Oils and vinegars have unique flavors that can be mixed and matched to achieve the correct balance for a particular salad. Olive oil goes well with red wine vinegar; nut oils go well with balsamic or sherry vinegars. Neutral-flavored oils such as canola, corn or safflower can be mixed with a flavored vinegar.

Oil and vinegar repel each other and will separate almost immediately when mixed. They should be whisked together immediately before use.

OILS

Many types of oil can be used to make salad dressings. Light, neutral-flavored oils such as canola, corn, cottonseed, soybean and safflower are relatively low priced and used extensively for this purpose. Other oils can be used to add flavor. Olive oil is very popular; both mild-flavored pure olive oil and full-flavored extra virgin olive oil are used. Nut oils such as hazelnut and walnut are expensive, but they add unique and interesting flavors. Infused oils are also popular.

VINEGARS

Many different vinegars can be used to make salad dressings. Red wine vinegar is the most common because it is inexpensive and its flavor blends well with many foods. But other vinegars such as cider, balsamic and white wine are also used. Fruit-flavored vinegars (particularly raspberry) are extremely popular and widely available, as are herb- and garlic-flavored ones.

Flavored vinegars are easy to make. Fruit, herbs or garlic are added to a wine vinegar (either red or white) and left for several days for the flavors to blend. The vinegar is then strained off and used as desired.

Acidic juices such as lemon, orange and lime are sometimes substituted for all or part of the vinegar in a salad dressing.

OTHER FLAVORING INGREDIENTS

Herbs, spices, shallots, garlic, mustard and sugar are only a few of the many flavoring ingredients used to enhance a vinaigrette dressing. Items such as herbs, shallots and garlic should be minced or chopped before being added to the dressing. If dried herbs are used, the dressing should rest for at least 1 hour to allow the flavors to develop. Other ingredients may be added at any time.

▶ PROCEDURE FOR PREPARING A VINAIGRETTE

1. Choose an oil and vinegar that complement each other as well as the foods they will dress.
2. Combine the vinegar, seasonings and any other flavorings in a bowl.
3. Whisk in the oil.
4. Allow the finished dressing to rest a few hours at room temperature before using so that the flavors can blend.
5. Rewhisk immediately before use.

RECIPE 24.1

BASIC VINAIGRETTE DRESSING



Whisking together the vinaigrette dressing.

Yield: 1 qt. (1 lt)

Wine vinegar	8 fl. oz.	250 ml
Salt and pepper	TT	TT
Salad oil	24 fl. oz.	750 ml

1. Combine all ingredients and mix well. Store at room temperature.

Variations: *Dijon Vinaigrette*—Add 4 ounces (120 grams) of Dijon-style mustard to the vinegar and proceed with the recipe.

Herbed Vinaigrette—Add 2 tablespoons (30 milliliters) of fresh herbs or 1 tablespoon (15 milliliters) of dried herbs such as basil, tarragon, thyme, marjoram and chives to the vinaigrette.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 190, **Total fat** 22 g, **Saturated fat** 3 g, **Cholesterol** 0 mg, **Sodium** 75 mg, **Total carbohydrates** 0 g, **Protein** 0 g, **Claims**—no cholesterol; low sodium; no sugar

MAYONNAISE

Although most food service operations buy commercially made mayonnaise, every chef should know how it is made to more fully understand how to use it and why it reacts the way it does when used. Knowing how to make mayonnaise also allows you to create a mayonnaise with the exact flavorings you want.

Mayonnaise is an **emulsion.** An emulsion, or emulsified sauce, is formed when two liquids that would not ordinarily form a stable mixture are forced together and held in suspension. To make mayonnaise, oil is whisked together with a very small amount of vinegar. (It is the water in the vinegar that does not normally mix with oil.) As the oil and vinegar are whisked together, the oil breaks into microscopic droplets that are separated from each other by a thin barrier of vinegar. If left alone, the droplets would quickly regroup, forming a large puddle of oil and a small puddle of vinegar. To prevent the oil droplets from regrouping, an emulsifier is added. For mayonnaise, the emulsifier is lecithin, a protein found in egg yolks. (The acid in the vinegar also helps form the emulsion.) Lecithin has the unique ability to combine with both oil and water. It surrounds the oil droplets, preventing them from coming in contact with each other and regrouping.

▶ **emulsion** a uniform mixture of two unmixable liquids; it is often temporary (for example, oil in water)

The balance of vinegar, oil, lecithin and agitation (whipping) is crucial to achieve a proper emulsion. The higher the proportion of oil to vinegar, the thicker the sauce will be. The higher the proportion of vinegar to oil, the thinner the sauce will be. (For example, the emulsified vinaigrette dressing discussed on page 757 is a thin emulsion.)

There is a limit to how much oil each egg yolk can emulsify, however. One yolk contains enough lecithin to emulsify approximately 7 ounces (200 milli-

MAYONNAISE VS. SALAD DRESSING

Commercially prepared salad dressing is often used as a substitute for "real" mayonnaise. Although it may look, smell and spread like the real thing, salad dressing tends to be sweeter than mayonnaise. Salad dressing costs less than real mayonnaise because it is made without egg yolks, relying instead on chemical thickening agents. The cost is reduced further because the FDA requires salad dressing to contain only 30 percent oil, while mayonnaise must contain at least 65 percent oil.

liters) of oil. If more than that amount of oil per egg yolk is added, the sauce will break; that is, the oil and vinegar will separate, and the mayonnaise will become very thin.

INGREDIENTS

A neutral-flavored vegetable oil is most often used for a standard mayonnaise. Other oils are used to contribute their special flavors. For example, olive oil is used to make a special mayonnaise called *aïoli.*

Wine vinegar is used for a standard mayonnaise. Flavored vinegars such as tarragon vinegar are often used to create unique flavors.

Seasonings vary according to the intended use but typically include dry mustard, salt, pepper and lemon juice.

▶ PROCEDURE FOR PREPARING MAYONNAISE

1. Gather all ingredients and hold at room temperature. Room-temperature ingredients emulsify more easily than cold ones.
2. By hand or in an electric mixer or food processor, whip the egg yolks on high speed until frothy.
3. Add the seasonings to the yolks and whip to combine. Salt and other seasonings will dissolve or blend more easily when added at this point rather than to the finished mayonnaise.
4. Add a small amount of the liquid (for example, vinegar) from the recipe and whip to combine.
5. With the mixer on high or whisking vigorously by hand, begin to add the oil very slowly until an emulsion forms.
6. After the emulsion forms, the oil can be added a little more quickly but still in a slow, steady stream. The mayonnaise can now be whipped at a slightly slower speed.
7. The mayonnaise will become very thick as more oil is added. A small amount of liquid can be added if it becomes too thick. Alternate between oil and liquid two or three times until all the oil is added and the correct consistency is reached. Important: A large egg yolk has the ability to emulsify up to 7 fluid ounces (200 milliliters) of oil; adding more oil may cause the mayonnaise to break.
8. Adjust the seasonings and refrigerate immediately.

SAFETY ALERT

MAYONNAISE

The raw eggs in homemade mayonnaise make it a potentially hazardous food. Use pasteurized eggs if possible, chill the ingredients before mixing and keep the finished mayonnaise at 40°F (4°C) or below. Although there is sufficient acid in commercially prepared mayonnaise to serve as a deterrent to bacterial growth, homemade mayonnaise should not be handled in the same manner as it does not necessarily have the same protection.

MAYONNAISE

RECIPE 24.2

Yield: 1 qt. (1 lt)

Egg yolks	4	4
Salt	1 tsp.	5 ml
White pepper	TT	TT
Dry mustard	1 tsp.	5 ml
Wine vinegar	3 Tbsp.	45 ml
Salad oil	28 fl. oz.	840 ml
Lemon juice	TT	TT

1. Place the egg yolks in the bowl of a mixer and whip on high speed until frothy.
2. Add the dry ingredients and half the vinegar to the yolks; whisk to combine.
3. Begin to add the oil a drop at a time until the mixture begins to thicken and an emulsion beings to form.
4. Add the remaining oil in a slow steady stream, thinning the mayonnaise occasionally by adding a little vinegar. Continue until all the oil and vinegar have been incorporated.

CONVENIENCE PRODUCTS

A great many prepared and dry-mix salad dressings are available. Although they vary greatly in quality, they can be very economical; they offer consistency, reduced labor costs and, sometimes, reduced food costs. Some of these products use stabilizers, artificial flavorings and colors; nearly all contain preservatives. When considering the advantages of prepared or dry-mix salad dressings, always keep quality in mind.

5 Adjust the seasonings and add lemon juice to taste.
6 Refrigerate until needed.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 230, **Total fat** 26 g, **Saturated fat** 3.5 g, **Cholesterol** 25 mg, **Sodium** 75 mg, **Total carbohydrates** 0 g, **Protein** 0 g



1 Whipping the egg yolks until frothy.



2 Adding the oil very slowly, allowing the emulsion to form.



3 The finished mayonnaise.

MAYONNAISE-BASED DRESSINGS

Mayonnaise-based salad dressings are salad dressings that use mayonnaise as a base, with other ingredients added for flavor, color and texture. These ingredients include dairy products (especially buttermilk and sour cream), vinegar, fruit juice, vegetables (either puréed or minced), tomato paste, garlic, onions, herbs, spices, condiments, capers, anchovies and boiled eggs. Recipes for several mayonnaise-based salad dressings appear at the end of this chapter.

EMULSIFIED VINAIGRETTE DRESSINGS

An emulsified vinaigrette is a standard vinaigrette dressing emulsified with whole eggs. An emulsified vinaigrette dressing is thinner and lighter than a mayonnaise-based dressing and heavier than a basic vinaigrette. Its flavor is similar to a basic vinaigrette, but it will not separate and it clings to greens quite easily.

▶ PROCEDURE FOR PREPARING AN EMULSIFIED VINAIGRETTE DRESSING

1 Gather all ingredients and hold at room temperature. Room-temperature ingredients emulsify more easily than cold ones.
2 Whip the eggs until frothy.
3 Add the dry ingredients and any flavorings such as garlic, shallots and herbs.
4 Add a small amount of the liquid from the recipe and whip to incorporate the ingredients.
5 With the mixer on high or whisking vigorously by hand, begin adding the oil very slowly until the emulsion forms.
6 After the emulsion is formed, the oil can be added a little more quickly, but still in a slow, steady stream.
7 Alternate between oil and liquid two or three times until all the oil is added. The dressing should be much thinner than mayonnaise. If it is too thick, it can be thinned with a little water, vinegar or lemon juice. Determine which to use by first tasting the dressing.

EMULSIFIED VINAIGRETTE DRESSING

RECIPE 24.3

Yield: 1 qt. (1 lt)

Eggs	2	2
Salt	1 Tbsp.	15 ml
White pepper	½ tsp.	2 ml
Paprika	1 Tbsp.	15 ml
Dry mustard	1 Tbsp.	15 ml
Granulated sugar	1 Tbsp.	15 ml
Herbes de Provence	1 Tbsp.	15 ml
Cayenne pepper	TT	TT
Wine vinegar or cider vinegar	4 fl. oz.	120 ml
Salad oil	24 fl. oz.	720 ml
Lemon juice	3 fl. oz.	90 ml

1. Place the eggs in the bowl of a mixer and whip at high speed until frothy.
2. Add the dry ingredients and approximately 1 fluid ounce (30 milliliters) of vinegar to the eggs; whip to combine.
3. While whipping at high speed, begin adding the oil very slowly until an emulsion forms.
4. Add the remaining oil in a slow, steady stream. Occasionally thin the dressing by adding a little vinegar and lemon juice. Continue until all the oil, vinegar and lemon juice have been incorporated.
5. Adjust the flavor and consistency.
6. Refrigerate until needed.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 200, **Total fat** 22 g, **Saturated fat** 3 g, **Cholesterol** 15 mg, **Sodium** 220 mg, **Total carbohydrates** 1 g, **Protein** 1 g



1 Whipping the whole eggs.



2 Adding the oil drop by drop to establish the emulsion.



3 The finished emulsified vinaigrette dressing.

▶ Preparation Methods

There are two types of **green salads:** tossed and composed. The more informal **tossed salad** is prepared by placing the greens, garnishes and dressing in a large bowl and tossing to combine. A **composed salad** usually has a more elegant look. It is prepared by arranging each of the ingredients on plates in an artistic fashion.

Other types of salads include **bound salads,** which are cooked meats, poultry, fish, shellfish, pasta or potatoes bound with a dressing; **vegetable salads** and **fruit salads.**

GREEN SALADS

TOSSED SALADS

Tossed salads are made from leafy vegetables such as lettuce, spinach, watercress, arugula or dandelion greens. They may consist only of greens and dressing, or they can be garnished with fruits, vegetables, nuts or cheese. They can be dressed with many different types of dressings, from a light oil and vinegar to a hearty hot bacon. It is important that salad dressings be added at the last possible moment before service. Acidic dressings cause most greens to wilt and become soggy.

Matching Dressings and Salad Greens

There is a simple rule to follow when choosing dressings for salads: The more delicate the texture and flavor of the greens or other ingredients, the lighter and

Table 24.1 MATCHING DRESSINGS AND SALAD GREENS

DRESSING	GREENS
Vinaigrette dressing made with vegetable oil and red wine vinegar	Any greens: iceberg, romaine, leaf lettuce, butterhead lettuce, escarole, curly endive, Belgian endive, radicchio, baby lettuces, sorrel, arugula, dandelion, micro greens
Vinaigrette dressing made with a nut oil and balsamic vinegar	Delicate greens; butterhead lettuce, bibb lettuce, Belgian endive, radicchio, baby lettuces, arugula, mâche, watercress, micro greens
Emulsified vinaigrette dressing	Any greens; romaine, leaf lettuce, butterhead lettuce, escarole, curly endive, Belgian endive, radicchio, baby lettuces, sorrel, arugula, watercress
Mayonnaise-based dressing such as blue cheese or green goddess	Hardy greens; iceberg, romaine, leaf lettuce, escarole, curly endive, sorrel, dandelion

more subtle the dressing should be. Vinaigrette-based dressings are much lighter than mayonnaise-based or similar dressings and should be used with butterhead lettuces, mâche or other delicate greens. Crisp head lettuce such as iceberg and hardy lettuce such as romaine can stand up to heavier, mayonnaise-based or similar dressings.

Salad Garnishes

It is impossible to make a complete list of the garnishes that can be combined with salad greens for a tossed salad. The following is a partial list:

- Vegetables—nearly any vegetable—raw, blanched or fully cooked—cut into appropriate sizes and uniform shapes.
- Fruits—citrus segments, apples or pears; dried fruits such as raisins, currants or apricots.
- Meats, poultry, fish and shellfish—cooked meats and poultry sliced or diced neatly and uniformly; poached, grilled or cured fish, diced or flaked; small, whole cooked shellfish such as shrimp and scallops; lobster or crab sliced, diced or chopped.
- Cheeses—grated hard cheeses such as Parmesan, Romano or Asiago; semihard cheeses such as Cheddar or Swiss, cut julienne or shredded.
- Nuts—nearly any are appropriate, roasted, candied or smoked.
- Croutons—assorted breads, seasoned in various ways and toasted.

▶ PROCEDURE FOR MAKING TOSSED SALADS

1. Select greens with various colors, textures and flavors.
2. Carefully cut or tear, wash and dry the greens.
3. Prepare the garnishes as directed or desired.
4. Prepare the dressing.
5. Combine the greens, garnishes and dressing by tossing them together, or toss the greens and garnishes and, using a spray bottle, spray the greens with the dressing.

MESCLUN SALAD WITH RASPBERRY VINAIGRETTE

RECIPE 24.4

Yield: 6 Servings **Method:** Tossed Salad

Baby lettuces, assorted	approx. 8 heads	approx. 8 heads
Mâche	4 oz.	120 g
Fresh herbs	2 Tbsp.	30 ml
Edible flowers	approx. 12	approx. 12
Raspberry Vinaigrette (page 765)	4 fl. oz.	120 ml

1. Trim, wash and dry the baby lettuces and mâche.
2. Pick the fresh herbs from their stems. Leafy herbs such as basil may be cut chiffonade or left as whole leaves.
3. If desired, pick the petals from the edible flowers. Small flowers may be left whole.
4. Place the lettuces and mâche in a bowl and add the herbs. Ladle the Raspberry Vinaigrette over them and toss gently, using two spoons.
5. Transfer the salad to six cold plates. Some of the larger leaves may be used as liners if desired.
6. Garnish each salad with flowers or flower petals.

Approximate values per serving: **Calories** 150, **Total fat** 9 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 180 mg, **Total carbohydrates** 14 g, **Protein** 4 g, **Vitamin A** 35%, **Vitamin C** 120%



A simple mesclun salad.

COMPOSED SALADS

Composed green salads usually use a green as a base and are built by artistically arranging other ingredients on the plate. There are usually four components: the base, body, garnish and dressing.

The **base** is usually a layer of salad greens that line the plate on which the salad will be served. Depending upon the desired effect, the leaves can be cup-shaped or flat.

The **body** is the main ingredient. It can be lettuce or other greens, or another salad made from cooked or blended ingredients, such as chicken salad or fruit.

The **garnish** is added to the salad for color, texture and flavor. It can be as substantial as a grilled, sliced duck breast or as simple as a sprinkling of chopped herbs; it can be warm or cold. The choice is unlimited, but whatever is used should always complement and balance the flavor of the body.

The **dressing** should complement rather than mask the other flavors in the salad. If the body already contains a dressing, such as a bound salad, additional dressing may not be necessary.

Composed green salads are usually dressed by ladling the dressing over the salad after it is plated. Alternatively, the individual ingredients can be dressed before they are arranged on the plate. A third method that may be limited by the intricacy of the salad but will save precious time during a busy period is to prepare individual salads on a sheet pan. Then, just before service, mist them with dressing using a spray bottle designated for this purpose; then transfer them to chilled plates using a spatula.



Transferring composed salads to chilled plates for service.

▶ PROCEDURE FOR MAKING COMPOSED SALADS

1. Gather all ingredients for the salad and wash, trim, cut, cook, chill or otherwise prepare them as necessary or as called for in the recipe.
2. Arrange all ingredients artistically on the plates, dressing each ingredient as desired or as directed in the recipe.
3. At service time, heat or cook any items that are being served hot and add them to the salad.

RECIPE 24.5

SALAD NIÇOISE



1 Lining a cold salad plate with a base of lettuce leaves.



2 Arranging the remaining ingredients for the salad.

Yield: 6 Servings **Method:** Composed

Red wine vinegar	4 fl. oz.	120 ml
Salt and pepper	TT	TT
Virgin olive oil	12 fl. oz.	360 ml
Fresh basil leaves, chiffonade	12	12
Chicory	1 head	1 head
Tomatoes	6	6
Cucumbers	1 lb. 8 oz	680 g
Green beans	12 oz.	340 g
Eggs, hard-boiled	6	6
Artichokes	6	6
Romaine lettuce, large leaves, washed	12	12
New potatoes, size B, boiled, quartered	12 oz.	360 g
Green bell peppers, batonnet	2	2
Tuna, fresh, grilled and chilled	1 lb. 8 oz.	680 g
Niçoise olives	4 oz.	120 g

1 Make a vinaigrette dressing using the red wine vinegar, salt, pepper, olive oil and basil.
2 Wash and dry the chicory.
3 Core each tomato and cut into eight wedges.
4 Peel and slice the cucumbers.
5 Trim and cook the green beans al dente.
6 Peel the eggs and cut into wedges.
7 Cook the artichokes. Trim the outer leaves from each artichoke, leaving only the heart. Remove the choke from the heart and cut each heart into quarters.
8 Line each cold plate with two romaine lettuce leaves, then arrange the remaining ingredients artistically. Use the contrasting shapes, colors and textures to create an attractive presentation.
9 At service time, whisk the dressing to combine the ingredients and pour approximately 2½ ounces (75 milliliters) over each salad.

Approximate values per serving: **Calories** 890, **Total fat** 70 g, **Saturated fat** 11 g, **Cholesterol** 200 mg, **Sodium** 760 mg, **Total carbohydrates** 21 g, **Protein** 44 g, **Vitamin A** 130%, **Vitamin C** 60%, **Iron** 30%

BOUND SALADS

The creative chef can prepare a wide variety of salads by combining cooked meats, poultry, fish, shellfish, potatoes, pasta, grains and/or legumes with a dressing and garnishes. Although the combinations vary greatly, these salads are grouped here because their ingredients are all bound. That is, each salad consists of one or more ingredients held together in a cohesive mass. The binding agent can be either a vinaigrette or a mayonnaise-based or similar dressing. The ingredients should be evenly distributed throughout, and the degree of cohesiveness can range from tightly packed to flaky and easily separated.

The foods that can be used to produce bound salads are so varied that it is impossible to list them all. Generalizing preparation techniques is also very difficult. There are as many ways to prepare a bound salad as there are ingredients, dressings and garnishes.

Bound salads can be used as the body of a composed salad (for instance, a serving of egg salad on a bed of greens). Some are used in sandwiches but not ordinarily as side dishes—for example, tuna or chicken salad. Some are served as

side dishes but not in sandwiches, for example, potato or pasta salad. Follow specific recipes and traditional uses for each salad until you are confident enough in your skills to let your imagination take over.

▶ GUIDELINES FOR MAKING BOUND SALADS

1. Preparing a salad from cooked foods is a good opportunity to use leftovers, but be sure they are fresh and of good quality. The finished salad can only be as good as each of its ingredients.
2. When making a bound salad, choose ingredients whose flavors blend well and complement each other.
3. Choose ingredients for color; a few colorful ingredients will turn a plain salad into a spectacular one.
4. To improve appearance, cut all ingredients the same size.
5. All ingredients should be cut into pieces that are small enough to be eaten easily with a fork.
6. Be sure all meats, poultry, fish and shellfish are properly cooked before using them. Improperly cooked foods can cause food-borne illness and spoilage.
7. Always chill cooked ingredients well before using them. Warm ingredients promote bacterial growth, especially in mayonnaise-based salads.
8. Always use dressings sparingly. They should enhance the flavors of the other salad ingredients, not mask them.

CHUTNEY CHICKEN SALAD

RECIPE 24.6

Yield: 8 lb. (3.6 kg) **Method:** Bound

Chicken meat, cooked	5 lb.	2.2 kg
Celery, small dice	8 oz.	250 g
Green onions, sliced	3 oz.	90 g
Mango chutney	12 oz.	340 g
Mayonnaise	1 lb.	500 g
Seedless grapes	12 oz.	340 g

1. Remove any bones, skin and fat from the chicken and cut the meat into large dice.
2. Combine the chicken meat, celery, green onions, mango chutney and mayonnaise in a bowl; mix well.
3. Cut the grapes in half. Add them to the chicken mixture and toss gently to combine.



Adding grapes to the chicken salad.

Approximate values per 4-oz. (120-g) serving: **Calories** 230, **Total fat** 14 g, **Saturated fat** 3 g, **Cholesterol** 70 mg, **Sodium** 135 mg, **Total carbohydrates** 4 g, **Protein** 22 g

VEGETABLE SALADS

Vegetable salads are made from cooked or raw vegetables or a combination of both. They can be served on buffets, as an appetizer or as a salad course. As with other salads, vegetable salads must successfully combine color, texture and flavor. Some vegetable salads such as coleslaw and carrot-raisin salad are made with mayonnaise. Most, however, are made by either marinating the vegetables or combining them in a vinaigrette dressing.

Almost any vegetable can be successfully marinated. The amount of time depends on the vegetables and the marinade, but several hours to overnight is usually sufficient for flavors to blend. Soft vegetables such as mushrooms, zucchini and cucumbers can be added directly to a cold marinade. Hard vegetables

such as carrots and cauliflower should be blanched in salted water, refreshed, drained and then added to a cold marinade. Carrots, artichokes, mushrooms, cauliflower, zucchini, pearl onions and the like are sometimes simmered quickly in a marinade flavored with lemon juice and olive oil, and then served cold. This style is called **à la grecque.**

▶ **à la grecque** (ah lah grehk) a preparation style in which vegetables are marinated in olive oil, lemon juice and herbs, then served cold

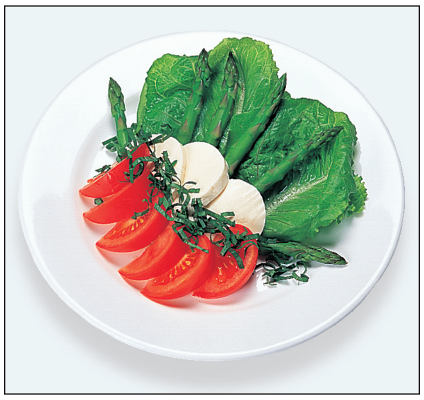
Many marinated salads will last several days under proper refrigeration. As the salads age in the marinade, they will change in appearance and texture. This may or may not be desirable. For example, mushrooms and artichokes become more flavorful, while green vegetables are discolored by the acids in the marinade. If marinated salads are prepared in advance, check their appearance as well as their seasonings carefully at service time.

▶ PROCEDURE FOR PREPARING VEGETABLE SALADS

1. Gather and wash all vegetables.
2. Trim, cut, shred or otherwise prepare the vegetables as desired or as directed in the recipe.
3. Blanch or cook the vegetables if necessary.
4. Combine the vegetables with the marinade or dressing. Adjust the seasonings.

RECIPE 24.7

TOMATO AND ASPARAGUS SALAD WITH FRESH MOZZARELLA



Yield: 6 Servings

Asparagus	2 lb.	1 kg
Basic Vinaigrette Dressing (page 754)	1 pt.	500 ml
Tomatoes	6	6
Leaf lettuce	1 head	1 head
Fresh mozzarella	12 oz.	360 g
Fresh basil leaves, chiffonade	12	12

1. Trim the asparagus and blanch in salted water. Refresh, drain and marinate in 8 ounces (250 grams) of Basic Vinaigrette Dressing for approximately 15 minutes.
2. Core each tomato and cut into six wedges.
3. Clean the lettuce and separate the leaves.
4. Slice the mozzarella into 18 slices.
5. Arrange the tomatoes, cheese and asparagus on six plates using the lettuce as a base. Pour on the remaining dressing and garnish with the basil.

Approximate values per serving: **Calories** 410, **Total fat** 32 g, **Saturated fat** 9 g, **Cholesterol** 35 mg, **Sodium** 370 mg, **Total carbohydrates** 11 g, **Protein** 19 g, **Vitamin A** 20%, **Vitamin C** 110%, **Calcium** 40%

FRUIT SALADS

There are so many different fruits with beautiful bright colors and sweet delicious flavors that preparing fruit salads is easy work. Fruit salads are a refreshing addition to buffets and can be served as the first course of a lunch or dinner. A more elaborate fruit salad can be served as a light lunch.

Always prepare fruit salads as close to service time as possible. The flesh of many types of fruit becomes soft and translucent if cut long before service. Other fruits turn brown in a matter of minutes after cutting. Refer to Chapter 25, Fruits, for more information on this browning reaction and for information on specific fruits. Fruit salad recipes are found at the end of that chapter.

If a fruit salad is dressed at all, the dressing is usually sweet and made with honey or yogurt mixed with fruit juices or purées. Alternatively, Grand Marnier, crème de menthe or other liqueurs sprinkled over the salad can serve as a dressing. Fruit salads can be tossed or composed. Either should offer the diner a pleasing blend of colors, shapes, sizes, flavors and textures.

CONCLUSION



A salad can be a small part of a meal or the entire meal. There are many styles of salads, and a seemingly endless variety of foods can be used to prepare them. Salads are extremely popular, especially with those interested in lighter dining alternatives. You can tempt these diners by determining the appropriate style of the salads and skillfully combining the main ingredients and dressing to achieve a delicious and appealing balance of colors, textures and flavors.

QUESTIONS FOR DISCUSSION

1. Name several factors that will cause salad greens to wilt or deteriorate.
2. Describe the proper procedure for washing and drying lettuce.
3. Explain the difference between a vinaigrette and an emulsified vinaigrette dressing.
4. Describe the procedure for making mayonnaise. How can the flavor of a mayonnaise be altered?
5. Describe a typical bound salad. How does a bound salad differ from a dressed salad?
6. List five ways salads can be presented or offered on a menu.

ADDITIONAL SALAD RECIPES

RECIPE 24.8

SEAFOOD SALAD

Note: This dish appears in the chapter opening photograph.

CHEF ALFRED PORTALE

Originally a jewelry designer, Chef Alfred Portale decided to switch careers and graduated from the Culinary Institute of America, Hyde Park, New York, in 1981 at the top of his class. He then spent three years apprenticing with such French culinary masters as Michel Guerard and the Troisgros brothers before returning to Manhattan to open the Gotham Bar & Grill in 1985.

Since then, Chef Portale has won the admiration and respect of the nation's toughest dining critics. The Gotham received four consecutive three-star reviews from *The New York Times,* and photographs of his signature towering presentations continue to grace international culinary journals. Chef Portale was named the Best Chef in New York in 1993, and the Gotham was nominated for Restaurant of the Year in 1994 at the James Beard Foundation awards. Chef Portale is the author of two award-winning cookbooks.

Chef Portale has become a familiar face at charities, benefits and festivals across the country. His favorite is the nationwide Citymeals-On-Wheels program, which raises money to feed the homeless and the elderly.

About his food, Alfred Portale says, "I work to offer dishes that are intensely flavored and accessible. Each plate should have a clarity that gives the customer the satisfaction of readily identifiable flavors. Plate design is also important to me, for I am looking to please on a number of levels. Most importantly though, at the Gotham we are working to understand the ways that people like to eat, things like time factors, degrees of elegance and nutritional concerns. In responding to these needs, we create an environment where each diner enjoys their meal in a rich and lively atmosphere."

GOTHAM BAR AND GRILL, NEW YORK, NY

Chef-Owner Alfred Portale

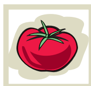
Yield: 4 Servings

Lobster, 1 lb. 8 oz. (680 g)	1	1
Court bouillon	4 qt.	4 lt
Sea scallops	4 oz.	120 g
Squid, cleaned	3 oz.	90 g
Mussels, debearded	12	12
Avocado, ripe	1	1
Frisée	1 head	1 head
Baby red oak	1 head	1 head
Shallots, finely minced	2 Tbsp.	30 ml
Fresh basil, chopped	1 Tbsp.	15 ml
Fresh chives, finely minced	1 Tbsp.	15 ml
Fresh Italian parsley, chopped	1 Tbsp.	15 ml
Lemon Vinaigrette (recipe follows)	as needed	as needed
Salt and white pepper	TT	TT

1. Boil the lobster in the court bouillon, then chill it. Remove the meat from the shell and dice it.
2. Poach the sea scallops and squid in the same court bouillon. Cool and thinly slice them.
3. Steam the mussels in a portion of the court bouillon. Chill and remove the meat from the shells.
4. Peel, pit, quarter and thinly slice the avocado.
5. Wash and dry the greens.
6. Toss the shellfish with the shallots, herbs and a portion of the Lemon Vinaigrette. Dress the lettuces and avocado.
7. Season all with salt and white pepper. Arrange the lettuces, shellfish and fanned avocado on four plates.

Approximate values per serving: **Calories** 600, **Total fat** 34 g, **Saturated fat** 3.5 g, **Cholesterol** 230 mg, **Sodium** 1790 mg, **Total carbohydrates** 11 g, **Protein** 63 g, **Vitamin A** 30%, **Vitamin C** 50%, **Iron** 45%

LEMON VINAIGRETTE



Yield: 14 fl. oz. (400 ml)

Dijon-style mustard	1 tsp.	5 ml
Salt and white pepper	TT	TT
Red wine vinegar	1 fl. oz.	30 ml
Extra virgin olive oil	10 fl. oz.	300 ml
Lemon juice	2 fl. oz.	60 ml
Cayenne pepper	⅛ tsp.	1 ml

1 Whisk together the mustard, salt, white pepper and vinegar. Slowly whisk in the olive oil.
2 Adjust the acidity with the lemon juice and add a pinch of cayenne.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 180, **Total fat** 20 g, **Saturated fat** 2.5 g, **Cholesterol** 0 mg, **Sodium** 170 mg, **Total carbohydrates** 1 g, **Protein** 0 g, **Claims**—no cholesterol; no sugar

RASPBERRY VINAIGRETTE

RECIPE 24.9

Yield: 2 qt. (2 lt)

Red wine vinegar	8 fl. oz.	250 ml
Rice wine vinegar	8 fl. oz.	250 ml
Lemon juice	3 Tbsp.	45 ml
Dried thyme	1 Tbsp.	15 ml
Salt	1 Tbsp.	15 ml
Black pepper	1 Tbsp.	15 ml
Garlic, minced	1 Tbsp.	15 ml
Honey	4 oz.	120 g
Raspberry preserves, without seeds	8 oz.	250 g
Olive oil	12 fl. oz.	350 ml
Salad oil	1 pt.	450 ml

1 Whisk together the vinegars, lemon juice, thyme, salt, pepper and garlic.
2 Whisk in the honey and raspberry preserves.
3 Slowly whisk in the oils, emulsifying the dressing.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 130, **Total fat** 12 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 140 mg, **Total carbohydrates** 5 g, **Protein** 0 g, **Claims**—no cholesterol

FAT-FREE VINAIGRETTE

RECIPE 24.10

Yield: 8 fl. oz. (240 ml)

White wine vinegar	2 fl. oz.	60 ml
Dijon mustard	1 oz.	30 g
Fresh herbs, assorted, chopped	3 Tbsp.	45 ml
Shallots, roasted, chopped	4 oz.	120 g
Rich chicken stock	4 fl. oz.	120 ml
Salt and pepper	TT	TT

1 Place all of the ingredients in the bowl of a blender and blend well.

Variation: *Vegetarian Fat-Free Vinaigrette*—Use vegetable stock instead of chicken stock.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 20, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 135 mg, **Total carbohydrates** 4 g, **Protein** 1 g, **Vitamin A** 15%, **Vitamin C** 25%, **Claims**—low calorie; fat free; high in vitamin C; source of vitamin A

RECIPE 24.11

BALSAMIC AND ROASTED GARLIC VINAIGRETTE

Yield: 1½ pt. (750 ml)

Garlic cloves	12	12
Balsamic vinegar	8 fl. oz.	250 ml
Dijon mustard	1 Tbsp.	15 ml
Olive oil	14 fl. oz.	420 ml
Salt and pepper	TT	TT

1. Roast the garlic in a 350°F (180°C) oven until soft, golden brown and fragrant. Peel the garlic cloves and mash them coarsely in a mixing bowl.
2. Add the vinegar and mustard, whisking to incorporate. Whisk in the olive oil and season with salt and pepper.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 150, **Total fat** 17 g, **Saturated fat** 2 g, **Cholesterol** 0 mg, **Sodium** 8 mg, **Total carbohydrates** 1 g, **Protein** 0 g, **Claims**—no cholesterol; low sodium

RECIPE 24.12

BLUE CHEESE VINAIGRETTE

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

Yield: 20 fl. oz. (550 ml)

Blue cheese	8 oz.	225 g
Salt	1 tsp.	5 ml
Garlic, mashed	1 tsp.	5 ml
White wine vinegar	4 fl. oz.	120 ml
Black pepper	¼ tsp.	2 ml
Olive oil	12 fl. oz.	180 ml

1. Crumble the blue cheese and set aside 2 ounces (60 grams) of the chunks for garnish. Pass the remainder through a drum sieve or food mill fitted with a fine disk.
2. Combine the salt, garlic, vinegar and pepper. Add the olive oil in a slow steady stream, whisking constantly to incorporate. Gradually beat in the sieved blue cheese until smooth. Stir in the reserved blue cheese chunks.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 190, **Total fat** 19 g, **Saturated fat** 4.5 g, **Cholesterol** 10 mg, **Sodium** 270 mg, **Total carbohydrates** 1 g, **Protein** 2 g

RECIPE 24.13

CAESAR DRESSING



A traditional Caesar salad is made with romaine lettuce, croutons, Parmesan and a rich dressing flavored with garlic and anchovies. The dressing is sometimes prepared and tossed with the other ingredients tableside, but this food processor method is useful when larger quantities are needed.

Yield: 2 qt. (2 lt) **Method:** Emulsion

Garlic, chopped	1 Tbsp.	15 ml
Eggs	2	2
Parmesan, grated	4 oz.	120 g
Balsamic vinegar	2 fl. oz.	60 ml
Red wine vinegar	2 fl. oz.	60 ml
Whole-grain mustard	1 Tbsp.	15 ml
Dijon-style mustard	1 Tbsp.	15 ml

Anchovy fillets	1 oz.	30 g
Salt	1 Tbsp.	15 ml
Black pepper	1 tsp.	5 ml
Vegetable oil	12 fl. oz.	340 ml
Olive oil	12 fl. oz.	340 ml

1. Combine the garlic, eggs, Parmesan, vinegars, mustards, anchovies, salt and pepper in the bowl of a food processor and process until smooth, approximately 1 minute.
2. With the machine running slowly, begin adding the oils to form an emulsion.
3. Continue until all the oil is incorporated.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 110, **Total fat** 11 g, **Saturated fat** 2 g, **Cholesterol** 10 mg, **Sodium** 170 mg, **Total carbohydrates** 0 g, **Protein** 1 g

MUSTARD DRESSING WITH GARLIC

RECIPE 24.14

NEWBURY COLLEGE, BROOKLINE, MA

Senior Instructor Scott Doughty

Yield: 1 pt. (450 ml) **Method:** Temporary Emulsion

White wine vinegar	2 fl. oz.	60 ml
Salt	1/2 tsp.	3 ml
Black pepper	1/8 tsp.	1 ml
Garlic, mashed	1/4 tsp.	2 ml
Dijon mustard	2 Tbsp.	30 ml
Lemon juice	1/2 tsp.	3 ml
Olive oil	12 fl. oz.	180 ml

1. Combine everything except the olive oil in a bowl. Beat in the oil, by droplets at first, then in a thin stream.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 200, **Total fat** 21 g, **Saturated fat** 3 g, **Cholesterol** 0 mg, **Sodium** 125 mg, **Total carbohydrates** 3 g, **Protein** 0 g

POPPY SEED DRESSING

RECIPE 24.15

NEWBURY COLLEGE, BROOKLINE, MA

Senior Instructor Scott Doughty

Yield: 1 pt. (450 ml) **Method:** Temporary Emulsion

Cider vinegar	8 fl. oz.	225 ml
Honey	6 fl. oz.	180 ml
Salt	3/4 tsp.	4 ml
Dry mustard	1 tsp.	5 ml
Celery leaves, minced	2 tsp.	10 ml
Green onion, white only, minced	1	1
Vegetable oil	8 fl. oz.	225 ml
Poppy seeds	1 1/2 Tbsp.	24 ml

1. Combine the vinegar, honey, salt, mustard, celery and green onion.
2. Beat in the oil, by droplets at first, then in a thin stream.
3. Add the poppy seeds and beat to distribute.

Note: For a creamier texture, make the dressing in a blender or food processor.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 180, **Total fat** 14 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 110 g, **Total carbohydrates** 14 g, **Protein** 0 g

RECIPE 24.16

SAUCE GRIBICHE

Gribiche is a cold mayonnaise-type sauce made with hard-cooked egg yolks instead of raw egg yolks. It is traditionally flavored with capers and herbs and is served with fish.

Yield: 1 qt. (1 lt) **Method:** Temporary Emulsion

Hard-cooked egg yolks	4	4
Salt and pepper	TT	TT
Dijon-style mustard	1 Tbsp.	15 ml
Olive oil	1½ pt.	700 ml
White wine vinegar	3 fl. oz.	90 ml
Cornichons, chopped	1 oz.	30 g
Capers, chopped	1 Tbsp.	15 ml
Fresh mixed herbs such as parsley, chervil, tarragon or chives, chopped	1 oz.	30 g

1. Blend the egg yolks with the salt, pepper and mustard.
2. Very slowly, as if for mayonnaise, whisk in the olive oil. Occasionally, add a few drops of vinegar to thin the sauce.
3. Add the cornichons, capers and herbs; mix well. Adjust the seasonings and acidity with the remaining vinegar.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 190, **Total fat** 21 g, **Saturated fat** 3 g, **Cholesterol** 25 mg, **Sodium** 95 mg, **Total carbohydrates** 0 g, **Protein** 1 g

RECIPE 24.17

THOUSAND ISLAND DRESSING

Yield: 1 qt. (1 lt) **Method:** Mayonnaise-Based

Red wine vinegar	1 Tbsp.	15 ml
Sugar	1 Tbsp.	15 ml
Mayonnaise	1 pt.	450 ml
Ketchup	8 oz.	250 g
Sweet pickle relish	6 oz.	180 g
Hard-cooked eggs, chopped	4	4
Fresh parsley, chopped	2 Tbsp.	30 ml
Green onions, chopped	1 bunch	1 bunch
Salt and pepper	TT	TT
Worcestershire sauce	TT	TT

1. Combine the vinegar and sugar; stir to dissolve the sugar.
2. Add the remaining ingredients and mix well.
3. Adjust the seasonings with the salt, pepper and Worcestershire sauce.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 120, **Total fat** 11 g, **Saturated fat** 2 g, **Cholesterol** 35 mg, **Sodium** 270 mg, **Total carbohydrates** 4 g, **Protein** 1 g

RECIPE 24.18

GREEN GODDESS DRESSING

Yield: 1 qt. (1 lt) **Method:** Mayonnaise-Based

Fresh parsley	1 oz.	30 g
Mayonnaise	1 pt.	450 ml
Sour cream	12 oz.	360 g
Garlic, chopped	1 Tbsp.	15 ml

Anchovy fillets, minced	1 oz.	30 g
Fresh chives, chopped	1 oz.	30 g
Fresh tarragon, chopped	1 Tbsp.	15 ml
Lemon juice	1 fl. oz.	30 ml
Red wine vinegar	1 fl. oz.	30 ml
Salt and white pepper	TT	TT
Worcestershire sauce	TT	TT



1 Rinse and chop the parsley, but do not dry it or you will remove some of the chlorophyll.
2 Combine all the ingredients and mix well. Season to taste with salt, white pepper and Worcestershire sauce.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 80, **Total fat** 8 g, **Saturated fat** 2.5 g, **Cholesterol** 10 mg, **Sodium** 125 mg, **Total carbohydrates** 1 g, **Protein** 1 g

ROQUEFORT DRESSING

RECIPE 24.19

Yield: 1 qt. (1 lt) **Method:** Mayonnaise-Based

Mayonnaise	8 fl. oz.	250 ml
Red wine vinegar	1 fl. oz.	30 ml
Sour cream	8 fl. oz.	250 ml
Buttermilk	4 fl. oz.	120 ml
Garlic, chopped	1 tsp.	5 ml
Worcestershire sauce	1 tsp.	5 ml
Tabasco sauce	TT	TT
White pepper	TT	TT
Roquefort, crumbled	12 oz.	360 g

1 Combine all the ingredients except the Roquefort and mix well.
2 Add the crumbled Roquefort and combine.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 110, **Total fat** 10 g, **Saturated fat** 4 g, **Cholesterol** 20 mg, **Sodium** 240 mg, **Total carbohydrates** 1 g, **Protein** 3 g

LOW-FAT BLUE CHEESE DRESSING

RECIPE 24.20

Yield: 1 qt. (1 lt)

Nonfat yogurt	20 oz.	600 g
Low-fat buttermilk	6 fl. oz.	180 ml
Blue cheese, crumbled	4 oz.	120 g
White pepper	1/4 tsp.	1 ml
Worcestershire sauce	TT	TT
Dry mustard	1 tsp.	5 ml
Tabasco sauce	TT	TT

1 Combine all the ingredients in the bowl of a mixer or food processor and process until smooth.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 25, **Total fat** 1 g, **Saturated fat** 0.5 g, **Cholesterol** 5 mg, **Sodium** 65 mg, **Total carbohydrates** 2 g, **Protein** 2 g, **Claims**—low fat; low cholesterol; low sodium; low calorie

RECIPE 24.21

SUN-DRIED TOMATO AND BASIL AÏOLI

Aïoli (ay-OH-lee) is a mayonnaise made with garlic and olive oil, it comes from the Provence region of France and is often served with vegetables, fish and shellfish.

Yield: 1 qt. (1 lt)

Garlic cloves, mashed to a paste	4	4
Egg yolks	4	4
Lemon juice	2 Tbsp.	30 ml
Olive oil	1½ pt.	700 ml
Sun-dried tomatoes, packed in olive oil	4 oz.	120 g
Fresh basil, chopped	4 Tbsp.	60 ml
Salt	1 tsp.	5 ml
White pepper	½ tsp.	2 ml

1. Combine the garlic, egg yolks and a few drops of the lemon juice in a bowl and whip until frothy.
2. While whipping the egg yolk mixture, slowly add the olive oil until an emulsion begins to form. Continue adding the oil while whipping until all the oil is incorporated. A few drops of lemon juice may be added from time to time to thin the sauce.
3. Finely chop the sun-dried tomatoes. Add them, a portion of the olive oil in which they were packed, and the basil to the aïoli.
4. Season with salt, pepper and lemon juice.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 200, **Total fat** 21 g, **Saturated fat** 3 g, **Cholesterol** 25 mg, **Sodium** 80 mg, **Total carbohydrates** 3 g, **Protein** 1 g, **Vitamin A** 20%

RECIPE 24.22

TARTAR SAUCE

Yield: 1 pt. (500 ml) **Method:** Mayonnaise-Based

Mayonnaise	1 pt.	500 ml
Capers, chopped	2 oz.	60 g
Sweet pickle relish	3 oz.	90 g
Onion, minced	2 Tbsp.	30 ml
Fresh parsley, minced	2 Tbsp.	30 ml
Lemon juice	1 Tbsp.	15 ml
Salt	TT	TT
Worcestershire sauce	TT	TT
Tabasco sauce	TT	TT

1. Stir all the ingredients together until well blended. Chill thoroughly before serving.

Approximate values per 1-fl. oz. (30-ml) serving: **Calories** 220, **Total fat** 23 g, **Saturated fat** 4 g, **Cholesterol** 20 mg, **Sodium** 420 mg, **Total carbohydrates** 2 g, **Protein** 0 g

RÉMOULADE SAUCE

RECIPE 24.23

MISSISSIPPI UNIVERSITY FOR WOMEN, COLUMBUS, MS
Chef Jim Fitzgerald, Ph.D., CCP

Yield: 1 pt. (470 ml) **Method:** Emulsion

Egg yolks	3	3
Salt	1/8 tsp.	1 ml
Lemon juice	1 Tbsp.	15 ml
Vegetable oil	12 fl. oz.	360 ml
Water, very hot	1 tsp.	5 ml
Salt and white pepper	TT	TT
Capers, drained and chopped	2 oz.	60 g
Cornichons, chopped	2 oz.	60 g
Chives, chopped	3 Tbsp.	45 ml
Dijon mustard	1 Tbsp.	15 ml
Anchovy fillets, chopped	3	3
Tabasco	TT	TT
Worcestershire sauce	1/2 tsp.	2 ml

1. Combine the egg yolks, salt and lemon juice in a mixing bowl or a food processor. While whisking, add the oil in drops to form an emulsion. When the mixture thickens, the remaining oil can be added in a slow, steady stream. Add the hot water and mix to lighten the mayonnaise's color.
2. Adjust the seasoning with salt, white pepper and additional lemon juice as necessary.
3. Stir in the remaining ingredients by hand. If the sauce is too thick, thin it with 1 tablespoon (15 milliliters) of red wine vinegar into which 1 teaspoon (5 milliliters) of sugar has been dissolved.

Variation: *Creole Rémoulade*—Omit the capers, cornichons and chives. In Step 3, add 1/2 cup (120 milliliters) finely chopped yellow onion, 3 ounces (90 grams) ketchup, 1 tablespoon (15 milliliters) minced garlic, 1/4 teaspoon (1 milliliter) cayenne pepper and 1/3 cup (85 milliliters) parsley, chopped fine.

Approximate values 1-fl.-oz. (30=ml) serving: **Calories** 200, **Total fat** 22 g, **Saturated fat** 3 g, **Cholesterol** 40 mg, **Sodium** 150 mg, **Total carbohydrates** 0 g, **Protein** 1 g

CUCUMBER-YOGURT SALAD (KHIRA RAITA)

RECIPE 24.24

Raita (RA-tah) are yogurt and vegetable salads typically served as condiments in Indian cuisine. Raita may be made with many types of vegetables, including eggplants, cooked potatoes, tomatoes and even bananas, and are meant as a cooling counterpoint to the spiciness of other dishes.

Yield: 1 qt. (1 lt)

Plain yogurt	1 pt.	500 ml
Cucumber, peeled and grated	12 oz.	360 g
Cumin	1 tsp.	5 ml
Salt and pepper	TT	TT
Sugar	1 Tbsp.	15 ml

Continued

Lime juice	1 Tbsp.	15 ml
Fresh cilantro, chopped	2 Tbsp.	30 ml
Jalapeño, minced	1 tsp.	5 ml
Paprika	as needed	as needed

1. Stir together all the ingredients except the paprika. Chill for several hours before service.
2. At service time, dust the top lightly with paprika.

Approximate values per 3-oz. (90-g) serving: **Calories** 40, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 280 mg, **Total carbohydrates** 7 g, **Protein** 3 g, **Calcium** 10%, **Claims**—fat free; low calorie

RECIPE 24.25

CUCUMBER SUNOMONO (JAPANESE-STYLE CUCUMBER SALAD)

NEWBURY COLLEGE, BROOKLINE, MA

Senior Instructor Scott Doughty

Yield: 10–12 Servings

Cucumbers, peeled, split and seeded	6	6
Salt	2½ tsp.	13 ml
Water chestnuts, whole	4 oz.	120 g
Green onions	1 bunch	1 bunch
Carrot	1	1
Fresh ginger, unpeeled	4 oz.	120 g
Rice wine vinegar	4 fl. oz.	120 ml
Sugar	2 tsp.	10 ml
Dark sesame oil	2 tsp.	10 ml
Sesame seeds	5 Tbsp.	75 ml
Soy sauce	as needed	as needed

1. Slice the cucumbers very thin with a knife or mandoline. Sprinkle 2 teaspoons (10 milliliters) of the salt evenly over them and mix well. Allow them to rest in a bowl for 20 to 30 minutes.
2. Very thinly slice the water chestnuts. Slice the green onions. Peel the carrot. Cut the carrot into 2-inch (5-centimeter) sections, cut each section lengthwise into very thin slices and cut each slice lengthwise into thin shreds. Cover and refrigerate the carrot shreds.
3. Rinse the cucumbers in several changes of cold water to remove the excess salt. Squeeze them in small batches in a clean towel to extract as much liquid as possible. Combine the cucumbers, chestnuts and green onions.
4. Mince and mash the ginger into a mushy consistency and squeeze it through several layers of cheesecloth to extract as much juice as possible. Discard the pulp. Mix 1 teaspoon (5 milliliters) of the juice with the vinegar, the remaining salt and the sugar. Beat in the sesame oil in a thin stream. Stir the dressing into the cucumber mixture and chill.
5. Toast the sesame seeds in a 325°F (160°C) oven until lightly browned.
6. To serve, place a portion of the marinated cucumbers on a plate and add some of the excess juice from the bowl. Garnish each salad with the carrot shreds and toasted sesame seeds. Serve soy sauce on the side.

Approximate values per serving: **Calories** 70, **Total fat** 3.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 170 g, **Total carbohydrates** 9 g, **Protein** 2 g, **Vitamin A** 40%

GARLIC CROUTONS

RECIPE 24.26

Yield: 1 lb. 4 oz. (550 g)

Whole butter	6 oz.	180 g
Garlic, chopped	1 Tbsp.	15 ml
French or sourdough bread cubes	1 lb. 8 oz.	700 g
Parmesan, grated	1 oz.	30 g
Dried basil	2 tsp.	10 ml
Dried oregano	2 tsp.	10 ml

1. Melt the butter in a small saucepan and add the garlic. Cook the garlic in the butter over low heat for 5 minutes.
2. Place the bread cubes in a bowl, then add the Parmesan and herbs.
3. Pour the garlic butter over the bread cubes and immediately toss to combine.
4. Spread the bread cubes on a sheet pan in a single layer and bake at 350°F (180°C). Stir the croutons occasionally and cook until dry and lightly browned, approximately 15 minutes.

Approximate values per 1-oz. (30-g) serving: **Calories** 200, **Total fat** 9 g, **Saturated fat** 5 g, **Cholesterol** 20 mg, **Sodium** 390 mg, **Total carbohydrates** 25 g, **Protein** 5 g, **Iron** 10%, **Calcium** 10%

CROUTONS

A crouton is simply a piece of bread that is toasted, sautéed or dried. Two types are often used.

The more familiar ones are small seasoned cubes of bread that are baked or toasted and sprinkled over soups or salads.

A more classic variety is made by sautéing slices of bread in clarified butter or olive oil until brown and crisp. The bread may be rough slices from a baguette, or shapes (such as hearts, diamonds or circles) cut from larger slices. Sautéed croutons have two advantages over the toasted variety: They stay crisp longer after coming in contact with moist foods, and they gain flavor from the butter or olive oil in which they are cooked. Sautéed croutons can be used to decorate the border of a serving dish, as a base for canapés, as a garnish for soups, as an accompaniment to spreads or caviar or as a base under some meat and game dishes.

ORGANIC MICROGREENS AND SPRING VEGETABLES WITH FRAGRANT HERB VINAIGRETTE AND DRY FARMER'S CHEESE

RECIPE 24.27

CAFÉ ANNIE, HOUSTON, TX
Chef-Owner Robert Del Grande
Executive Chef Ben Berryhill



Yield: 8 Servings of salad and 28 fl. oz. (850 ml) of dressing

Method: Tossed

Lemon	1	1
Plum tomatoes, concassée	5	5
Shallot, minced	1	1
Garlic cloves, steamed and mashed	6	6
Serrano chile, seeded, minced	1	1
Champagne vinegar	2 Tbsp.	30 ml
Maple syrup	1 tsp.	5 ml
Virgin olive oil	4 fl. oz.	120 ml
Grapeseed oil	8 fl. oz.	240 ml
Fresh mint, chopped	1/4 c.	60 ml
Fresh tarragon, chopped	1/4 c.	60 ml
Salt	TT	TT
Assorted spring vegetables, blanched and chilled	3 c.	710 ml
Organic microgreens	8 oz.	225 g
Dry farmer's cheese	8 Tbsp.	120 ml

1 Juice the lemon.
2 Combine the tomato concassée, shallot, garlic, chile, vinegar, maple syrup and lemon juice in the bowl of a small mixer. Slowly whisk in the oils until thoroughly combined. Stir in the herbs and season with salt.
3 Toss the spring vegetables in a small amount of the dressing and season with salt.
4 For each salad, toss 1 ounce (30 grams) of the greens with a small amount of the dressing and arrange on a plate. Garnish with some of the seasoned spring vegetables and sprinkle each salad with 1 tablespoon (15 milliliters) of farmer's cheese.

Approximate values per serving with 1 fl. oz. (30 ml) of dressing: **Calories** 180, **Total fat** 16 g, **Saturated fat** 4.5 g, **Cholesterol** 15 mg, **Sodium** 100 mg, **Total carbohydrates** 6 g, **Protein** 4 g, **Vitamin A** 20%, **Vitamin C** 25%, **Calcium** 15%

RECIPE 24.28

SALAD OF SWEET AND BITTER GREENS WITH BALSAMIC MUSTARD VINAIGRETTE



PRIMITIVO WINE BAR, COLORADO SPRINGS, CO

John Broening, Executive Chef

Yield: 8 Servings **Method:** Tossed

Focaccia or sourdough bread, day old, crust removed, small dice	4 oz.	120 g
Extra virgin olive oil	2 Tbsp.	30 ml
Salt and pepper	TT	TT
Fresh chives, minced	2 Tbsp.	30 ml
Fresh parsley, chopped	2 Tbsp.	30 ml
Fresh tarragon, chopped	2 Tbsp.	30 ml
Fresh chervil, chopped	2 Tbsp.	30 ml
Romaine lettuce, inner leaves, torn	2 heads	2 heads
Watercress, leaves with 1-in. (2.5-cm) stems	1 bunch	1 bunch
Radicchio leaves, torn	4	4
Shallots, minced	2 Tbsp.	30 ml
Cherry tomatoes, halved	2 c.	450 ml
Balsamic Mustard Vinaigrette (recipe follows)	6 fl. oz.	180 ml
Bibb lettuce, inner leaves	3 heads	3 heads

1 To make the croutons, toss the bread with the olive oil and season with salt and pepper. Spread on a sheet pan and bake at 300°F (150°C) for 15 minutes. Remove from the oven and cool.
2 Toss the chives, parsley, tarragon and chervil together.
3 Combine the croutons, herbs, romaine, watercress, radicchio, shallots, cherry tomatoes and Balsamic Mustard Vinaigrette in a mixing bowl. Season with salt and pepper and toss. Arrange the greens on eight chilled plates, using the bibb lettuce leaves as a base.

Approximate values per serving: **Calories** 230, **Total fat** 18 g, **Saturated fat** 2 g, **Cholesterol** 0 mg, **Sodium** 140 mg, **Total carbohydrates** 15 g, **Protein** 5 g, **Vitamin A** 90%, **Vitamin C** 80%, **Calcium** 10%, **Iron** 10%

BALSAMIC MUSTARD VINAIGRETTE

Yield: 6 fl. oz. (180 ml) **Method:** Temporary Emulsion

Balsamic vinegar	2 Tbsp.	30 ml
Dijon mustard	2 tsp.	10 ml
Shallots, minced	2 tsp.	10 ml
Salt and pepper	TT	TT
Extra virgin olive oil	4 Tbsp.	60 ml
Canola oil	4 Tbsp.	60 ml

1. In a stainless steel bowl, whisk together the vinegar, mustard, shallots, salt and pepper.
2. Combine the oils. Slowly whisk them into the vinegar and mustard mixture to form an emulsified dressing.

Approximate values per 1-fl.-oz. (30-g) serving: **Calories** 170, **Total fat** 18 g, **Saturated fat** 2 g, **Cholesterol** 0 mg, **Sodium** 45 mg, **Total carbohydrates** 1 g, **Protein** 0 g

WILTED SPINACH SALAD WITH ROASTED PEPPERS

RECIPE 24.29



GREENS, SAN FRANCISCO, CA

Chef Annie Somerville

Yield: 2 Large or 4 Small Servings **Method:** Tossed

Red or yellow bell pepper, medium	1	1
Extra virgin olive oil	3 fl. oz.	90 ml
Salt and pepper	TT	TT
Red onion, sliced thin	2 oz.	60 g
Baguette, thin slices for croutons	12	12
Spinach	1 lb.	450 g
Frisée or escarole	1 head	1 head
Balsamic vinegar	3 Tbsp.	45 ml
Garlic clove, chopped fine	1	1
Niçoise or Gaeta olives, pitted	10	10
Parmesan, grated	1 oz.	30 g

1. Roast and peel the bell pepper and cut into ¼-inch (6-millimeter) strips. Toss the pepper strips with ½ tablespoon (8 milliliters) of the olive oil and a few pinches of salt and pepper. Set aside to marinate.
2. Cover the onion slices with cold water to leach the strong onion flavor. Set aside.
3. Place the baguette slices on a baking sheet and brush them lightly with olive oil. Toast in a 375°F (190°C) oven until crisp and lightly browned, approximately 5 minutes.
4. Stem, wash and dry the spinach. Trim the stem end of the frisée or escarole and discard the tough outer leaves. Wash and dry.
5. Drain the onions. In a large bowl, combine the vinegar, garlic, ½ teaspoon (2 milliliters) of salt and a few pinches of pepper. Add the greens, onions, peppers and olives.
6. Heat the remaining olive oil in a small pan until it is very hot and just below the smoking point. Immediately pour it over the salad and toss with a pair of metal tongs to coat and wilt the leaves. Sprinkle on the Parmesan.
7. Add the croutons and serve immediately.

Approximate values per large serving: **Calories** 730, **Total fat** 52 g, **Saturated fat** 9 g, **Cholesterol** 10 mg, **Sodium** 1070 mg, **Total carbohydrates** 51 g, **Protein** 21 g, **Vitamin A** 480%, **Vitamin C** 330%, **Calcium** 60%, **Iron** 60%, **Claims**—high in fiber, high in vitamins A and C, calcium and iron

RECIPE 24.30

PINK GRAPEFRUIT AND AVOCADO SALAD

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

Yield: 12–16 Servings **Method:** Composed

Bibb lettuce	3 heads	3 heads
Pink grapefruit	3	3
Avocados, ripe	4	4
Pecan halves	3 oz.	90 g
Clarified butter	1 Tbsp.	15 ml
Salt	1/4 tsp.	2 ml
Chilli powder	2 tsp.	10 ml

1. Without tearing the lettuce leaves, gently remove them from the heads. Wash the lettuce leaves. Break off the tough part of the rib from the bottom of each leaf. Drain the leaves and then dry them. Refrigerate the cleaned leaves.
2. Peel the grapefruit, cut them into supremes and refrigerate.
3. Cut and pit the avocados, then slice them into wedges.
4. Lightly toast the pecans in a sauté pan with the butter, salt and chilli powder.
5. Arrange the larger leaves of lettuce on salad plates. Place the smaller leaves in the center of each plate, rounded sides up. Arrange the grapefruit and avocado around the lettuce mounds in an alternating fashion. Garnish with the toasted pecan halves. At service time, ladle a poppy seed dressing (page 767) or other dressing over each salad.

Approximate values per serving: **Calories** 160, **Total fat** 14 g, **Saturated fat** 2.5 g, **Cholesterol** 0 mg, **Sodium** 55 mg, **Total carbohydrates** 10 g, **Protein** 2 g, **Vitamin A** 20%, **Vitamin C** 45%

RECIPE 24.31

SALAD OF AHI TUNA SEARED WITH LAVENDER AND PEPPER WITH WHOLE-GRAIN MUSTARD SAUCE



FETZER VINEYARDS, HOPLAND, CA
Culinary Director, John Ash

Yield: 8 Servings **Method:** Composed

Lavender-pepper coating:		
Coarse sea salt	1 1/2 tsp.	7 ml
Whole black peppercorns	2 tsp.	10 ml
Whole fennel seeds	2 tsp.	10 ml
White peppercorns	1 tsp.	5 ml
Dried lavender flowers	1 1/2 tsp.	7 ml
Ahi tuna, a solid 3-in.-(7.5-cm-) square piece, well trimmed	1 lb. 8 oz.	700 g

Olive oil	3 Tbsp.	45 ml
Mustard sauce:		
Whole-grain mustard	2 oz.	60 g
Olive oil	1 fl. oz.	30 ml
Mustard seeds, toasted	1 tsp.	5 ml
Rice wine vinegar	1 tsp.	5 ml
Sugar or honey	1 tsp.	5 ml
Baby greens	8 oz.	250 g
Edible flowers	as needed for garnish	

1. Using a mortar and pestle or a rolling pin, crush the lavender-pepper coating ingredients.
2. Lightly oil the tuna with 2 teaspoons (10 milliliters) of olive oil; coat it lightly and evenly with the lavender-pepper mixture. Heat the remaining oil in a skillet to just smoking and quickly sear the tuna on all sides. This should not take more than 2 minutes. Immediately chill the seared tuna.
3. Mix the mustard sauce ingredients. Set aside.
4. To serve, thinly slice the tuna into three or four medallions per serving. Arrange on a chilled plate with baby greens and a small dollop of the mustard sauce. Garnish with edible flowers.

Approximate values per serving: **Calories** 180, **Total fat** 10 g, **Saturated fat** 1.5 g, **Cholesterol** 35 mg, **Sodium** 570 mg, **Total carbohydrates** 3 g, **Protein** 20 g, **Vitamin C** 15%

VINE-RIPENED TOMATO SALAD

RECIPE 24.32

GREENS, San Francisco, CA
Chef Annie Somerville



Yield: 4 Servings **Method:** Composed

Vine-ripened tomatoes	1 lb.	450 g
Cherry tomatoes	½ pt.	250 ml
Mixed baby greens	4 heads	4 heads
Salt and pepper	TT	TT
Cucumber, sliced on the bias	1	1
Extra virgin olive oil	3 Tbsp.	45 ml
Red wine vinegar	2 Tbsp.	30 ml

1. Core the vine-ripened tomatoes and cut into wedges or thick slices. Pluck the stems from the cherry tomatoes; leave whole if small or cut in half if large.
2. Wash the mixed baby greens and dry. Spread the greens on plates or a serving platter and arrange the vine-ripened tomatoes over them. Sprinkle the tomatoes with salt and pepper.
3. Garnish the tomatoes with cucumber slices.
4. Drizzle on the olive oil; follow with a light drizzle of vinegar.
5. Sprinkle the cherry tomatoes over the salad.

Approximate values per serving: **Calories** 190, **Total fat** 11 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 650 mg, **Total carbohydrates** 17 g, **Protein** 5 g, **Vitamin A** 35%, **Vitamin C** 140%, **Claims**—no cholesterol; good source of fiber

RECIPE 24.33

CAPRESE SALAD



Yield: 25 Servings **Method:** Composed

Fresh mozzarella	50 slices	50 slices
Tomatoes	50 slices	50 slices
Fresh basil leaves, chiffonade	4 Tbsp.	60 ml
Salt and pepper	TT	TT
Extra-virgin olive oil	3 Tbsp.	45 ml

1 Arrange the mozzarella and tomato slices in overlapping circles on a serving platter, alternating slices of cheese and tomato.
2 Sprinkle the basil, salt and pepper over the salad. Drizzle with the olive oil.

Approximate values per serving: **Calories** 190, **Total fat** 14 g, **Saturated fat** 8 g, **Cholesterol** 45 mg, **Sodium** 85 mg, **Total carbohydrates** 4 g, **Protein** 11 g, **Vitamin A** 15%, **Vitamin C** 20%, **Calcium** 35%

RECIPE 24.34

SMOKED MUSHROOM AND LENTIL SALAD WITH HOT BACON VINAIGRETTE



SENCHA, COLORADO SPRINGS, CO
Chef Brent Beavers

Yield: 8 Servings

Portabella mushrooms	8	8
Water	as needed	as needed
Salt and pepper	TT	TT
Red bell peppers, small dice	1 c.	240 ml
White onions, small dice	1 c.	240 ml
Fresh parsley, chopped	1/4 c.	60 ml
Lentils, cooked	3 c.	700 ml
Spinach, stemmed and cleaned	1 lb.	450 g
Hot Bacon Vinaigrette (recipe follows)	as needed	as needed

1 Trim the stems from the mushrooms and scrape away the gills. Soak the caps in water for 1 minute. Remove the caps from the water and drain well. Season the mushrooms with salt and pepper. Smoke the mushroom caps in a stove top smoker for 5 minutes. Remove and cool.
2 Mix the bell peppers, onions and parsley with the lentils and season with salt and pepper.
3 Arrange the spinach on the plates. Sprinkle the lentil mixture over the spinach. Slice the mushroom caps on the bias and fan one cap over each salad.
4 Warm the Hot Bacon Vinaigrette in a small saucepan and dress the salads generously. Serve immediately.

Approximate values per serving, with vinaigrette: **Calories** 690, **Total fat** 59 g, **Saturated fat** 8 g, **Cholesterol** 5 mg, **Sodium** 460 mg, **Total carbohydrates** 26 g, **Protein** 12 g, **Vitamin A** 80%, **Vitamin C** 90%, **Iron** 25%

HOT BACON VINAIGRETTE

Yield: 8 Servings

Bacon slices	10	10
Corn oil	1 pt.	450 ml
Fresh basil, chopped	1/2 oz.	15 g

Fresh chives, sliced	½ oz.	15 g
Fresh marjoram, chopped	¼ oz.	7 g
Pear vinegar	8 fl. oz.	240 ml
Kosher salt	1 tsp.	5 ml
Black pepper	1 Tbsp.	15 ml

1 Dice the bacon. In a heavy saucepan, combine the bacon and the corn oil and cook until the bacon is crisp. Allow the bacon and oil to cool.
2 Whisk the herbs into the oil. Whisk in the pear vinegar and season with salt and pepper.

COBB SALAD

RECIPE 24.35

Yield: 8 Entrée Servings **Method:** Composed



Romaine lettuce	8 oz.	250 g
Green leaf lettuce	4 oz.	120 g
Watercress	4 oz.	120 g
Avocados	4	4
Bacon slices	16	16
Roquefort cheese, crumbled	1 lb.	450 g
Turkey breast, roasted, julienne	1 lb.	450 g
Tomato concassée	1 lb.	450 g
Eggs, hard-cooked, chopped	4	4
Dijon mustard vinaigrette	24 oz.	700 ml

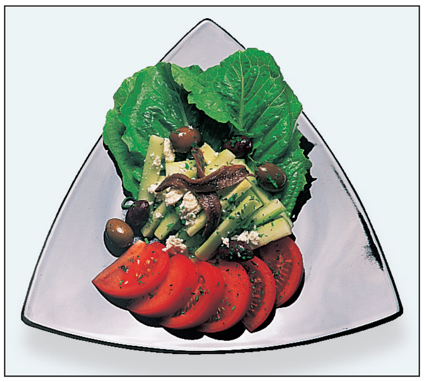
1 Tear, wash and dry the lettuces. Pick over and wash the watercress.
2 Pit and peel the avocados and cut into wedges.
3 Dice the bacon and cook in a sauté pan until crisp. Remove and drain well.
4 Toss the salad greens together and arrange the cheese, turkey, tomato concassée and eggs on top in an artistic fashion. Serve the vinaigrette on the side.

Approximate values per serving: **Calories** 1000, **Total fat** 84 g, **Saturated fat** 18 g, **Cholesterol** 215 mg, **Sodium** 1770 mg, **Total carbohydrates** 21 g, **Protein** 40 g, **Vitamin A** 45%, **Vitamin C** 60%, **Calcium** 45%, **Iron** 20%

GREEK SALAD

RECIPE 24.36

Yield: 3 lb. 8 oz. (1.6 kg)



Extra virgin olive oil	4 fl. oz.	120 ml
Lemon juice	2 fl. oz.	60 ml
Red wine vinegar	2 fl. oz.	60 ml
Garlic, minced	1 tsp.	10 ml
Fresh oregano, chopped	1 Tbsp.	30 ml
Cucumbers	2	2
Feta	12 oz.	350 g
Olives, Kalamata or other Greek variety	1 lb.	450 g
Fresh parsley, chopped	1 oz.	30 g
Green onions, sliced	1 bunch	1 bunch
Pepper	TT	TT
Romaine lettuce	1 head	1 head
Anchovy fillets	8	8
Tomatoes, cut into 6 wedges	3	3

1 To make the dressing, whisk together the olive oil, lemon juice, vinegar, garlic and oregano.
2 Peel the cucumbers and slice in half lengthwise. Remove the seeds and cut into batonnet.
3 Dice or crumble the feta into small pieces.
4 Combine the olives, cucumbers, chopped parsley and green onions in a bowl and add the dressing. Toss to combine and season to taste with pepper.
5 Line plates or a platter with the romaine lettuce leaves. Add the olive-cucumber mixture and sprinkle on the feta cheese. Garnish as desired with the anchovies and tomato wedges.

Approximate values per 6-oz. (180-g) serving: **Calories** 280, **Total fat** 24 g, **Saturated fat** 7 g, **Cholesterol** 35 mg, **Sodium** 900 mg, **Total carbohydrates** 9 g, **Protein** 7 g, **Vitamin A** 15%, **Vitamin C** 35%, **Calcium** 25%, **Iron** 15%

RECIPE 24.37

WARM LAMB SALAD WITH BOURBON VINAIGRETTE

Yield: 4 Servings **Method:** Composed

Lamb loin, eye only	1	1
Salt and pepper	TT	TT
Olive oil	1 Tbsp.	15 ml
New potatoes	8	8
Green onions	4	4
Radicchio	2 heads	2 heads
Garlic cloves, chopped	2	2
Fresh rosemary, chopped	1/2 tsp.	2 ml
Whole butter	2 oz.	60 g
Bourbon	4 fl. oz.	120 ml
Balsamic vinegar	2 fl. oz.	60 ml
Mustard seeds	1 tsp.	5 ml
Orange supremes	24	24

1 Cut the lamb loin into four portions and tie each piece so that it retains its shape during cooking.
2 Season the lamb with salt and pepper. Sauté it in the olive oil to brown all sides. Transfer to a 350°F (180°C) oven and finish to medium rare.
3 Steam the potatoes until tender but still firm.
4 Cut the green onions on the bias.
5 Separate the radicchio leaves from the heads.
6 To make the dressing, sauté the garlic and rosemary in the butter without browning. Whisk in the bourbon, vinegar and mustard seeds, season with salt and pepper and keep hot.
7 Remove the twine and slice each portion of lamb into six slices. Slice the potatoes to the same thickness as the lamb.
8 Using the radicchio as the base, arrange the sliced potatoes, lamb and orange supremes on the plate. Sprinkle with the green onions. Drizzle the dressing over all the ingredients.

Approximate values per serving: **Calories** 300, **Total fat** 17 g, **Saturated fat** 8 g, **Cholesterol** 50 mg, **Sodium** 680 mg, **Total carbohydrates** 27 g, **Protein** 8 g, **Vitamin A** 10%, **Calcium** 10%

ASIAN CHICKEN SALAD

RECIPE 24.38

Yield: 3 lb. (1.4 kg) **Method:** Bound

Rice vinegar	6 fl. oz.	180 ml
Soy sauce, reduced-sodium	4 fl. oz.	120 ml
Sugar	2 Tbsp.	30 ml
Fresh ginger, minced	3 Tbsp.	45 ml
White pepper	1 tsp.	5 ml
Chicken breast, boneless, skinless	1 lb. 8 oz.	680 g
Sesame oil	1 fl. oz.	30 ml
Snow peas	4 oz.	120 g
Carrot, julienne	4 oz.	120 g
Celery, julienne	4 oz.	120 g
Jicama, julienne	4 oz.	120 g
Fresh cilantro leaves	2 Tbsp.	30 ml

1. To make the dressing, combine the vinegar, soy sauce, sugar, ginger and white pepper. Set aside.
2. Cut the chicken breast into strips approximately ½ × ½ × 3 inches (1.2 × 1.2 × 8 centimeters). Stir-fry the chicken in the sesame oil until done. Remove from the pan, cool and refrigerate.
3. Blanch the vegetables in salted water. Refresh and drain well.
4. Combine the chicken with the vegetables and the dressing; add the cilantro. Toss and serve.

Approximate values per 4-oz. (120-g) serving: **Calories** 160, **Total fat** 4.5 g, **Saturated fat** 1 g, **Cholesterol** 50 mg, **Sodium** 740 mg, **Total carbohydrates** 10 g, **Protein** 19 g, **Vitamin A** 25%, **Vitamin C** 15%

NEW POTATO SALAD WITH MUSTARD AND DILL

RECIPE 24.39



Yield: 5 lb. (2.2 kg) **Method:** Bound



New potatoes	4 lb.	1.8 kg
Mayonnaise	4 oz.	120 g
Sour cream	4 oz.	120 g
Garlic, chopped	1½ tsp.	7 ml
Salt	TT	TT
Black pepper	1½ tsp.	7 ml
Fresh dill, chopped	2 Tbsp.	30 ml
Dijon-style mustard	2 Tbsp.	30 ml
Green bell pepper, julienne	1	1
Red bell pepper, julienne	1	1
Red onion, julienne	6 oz.	180 g
Celery, julienne	4 oz.	120 g

1. Boil the potatoes in salted water until done but still firm. Chill well and cut into quarters.
2. Combine the mayonnaise, sour cream, garlic, salt, pepper, dill and mustard; mix well.
3. Combine all the ingredients and adjust the seasonings with salt and pepper.

Approximate values per 4-oz. (120-g) serving: **Calories** 110, **Total fat** 6 g, **Saturated fat** 1.5 g, **Cholesterol** 5 mg, **Sodium** 360 mg, **Total carbohydrates** 12 g, **Protein** 1 g, **Vitamin C** 25%

RECIPE 24.40

POTATO SALAD

Yield: 6 lb. 8 oz. (3 kg) **Method:** Bound

Potatoes, chef	4 lb.	1.8 kg
Eggs, hard-cooked	6	6
Celery, medium dice	8 oz.	250 g
Green onions, sliced	1 bunch	1 bunch
Radishes, chopped coarse	6 oz.	180 g
Mayonnaise	1 lb.	450 g
Dijon-style mustard	2 oz.	60 g
Fresh parsley, chopped	1 oz.	30 g
Salt and pepper	TT	TT

1. Boil the potatoes in salted water until nearly cooked. Drain the potatoes, spread them on a sheet pan and refrigerate until cold.
2. Peel the cold potatoes and cut into large dice.
3. Peel and chop the eggs.
4. Combine all the ingredients and adjust the seasonings with salt and pepper.

Approximate values per 4-oz. (120-g) serving: **Calories** 200, **Total fat** 16 g, **Saturated fat** 3 g, **Cholesterol** 65 mg, **Sodium** 390 mg, **Total carbohydrates** 11 g, **Protein** 3 g, **Vitamin C** 15%

RECIPE 24.41

CREAMY COLESLAW

Note: This dish appears in the Pork chapter opening photograph.

Yield: 2 lb. (1 kg) **Method:** Bound

Mayonnaise	8 oz.	250 g
Sour cream or crème fraîche	4 oz.	120 g
Sugar	1 oz.	30 g
Cider vinegar	1 fl. oz.	30 ml
Garlic clove, minced	1	1
Green cabbage, shredded	1 lb.	450 g
Red cabbage, shredded	8 oz.	250 g
Carrots, shredded	4 oz.	120 g
Salt and white pepper	TT	TT

1. Combine the mayonnaise, sour cream or crème fraîche, sugar, vinegar and garlic in a bowl; whisk together.
2. Add the shredded cabbages and carrots to the dressing and mix well. Season to taste with salt and pepper.

Approximate values per 4-oz. (120-g) serving: **Calories** 200, **Total fat** 19 g, **Saturated fat** 4.5 g, **Cholesterol** 20 mg, **Sodium** 340 mg, **Total carbohydrates** 8 g, **Protein** 1 g, **Vitamin A** 20%, **Vitamin C** 50%

RECIPE 24.42

COUSCOUS SALAD

Yield: 3 lb. (1.4 kg)

Couscous	6 oz.	180 g
Red bell pepper, medium dice	1	1
Green bell pepper, medium dice	1	1

Green onions, sliced on the bias	1 bunch	1 bunch
Cucumbers, peeled, seeded, medium dice	6 oz.	180 g
Black olives, pitted	4 oz.	120 g
Red onion, julienne	6 oz.	180 g
Dressing:		
Orange juice concentrate	3 fl. oz.	90 ml
Water	2 fl. oz.	60 ml
Rice vinegar	2 fl. oz.	60 ml
Garlic, chopped	1 tsp.	5 ml
Salt	1 tsp.	5 ml
Black pepper	1 tsp.	5 ml
Fresh oregano, chopped	2 tsp.	10 ml
Salad oil	3 fl. oz.	90 ml
Honey	2 Tbsp.	30 ml
Fresh thyme, chopped	2 tsp.	10 ml



1. Steam the couscous until tender; set aside to cool.
2. Combine the couscous with the vegetables.
3. Whisk together all the dressing ingredients.
4. Combine the salad ingredients with the dressing. Chill thoroughly before serving.

Approximate values per 3-oz. (90-g) serving: **Calories** 90, **Total fat** 6 g, **Saturated fat** 0.5 g, **Cholesterol** 0 mg, **Sodium** 200 mg, **Total carbohydrates** 7 g, **Protein** 1 g, **Vitamin C** 35%, **Claims**—low saturated fat; no cholesterol

TABOULI

RECIPE 24.43

Yield: 15 Servings, 3 oz. (90 g) each

Bulgur	10 oz.	300 g
Onions, brunoise	8 oz.	250 g
Green onions, sliced	2 oz.	60 g
Fresh parsley, chopped	6 oz.	180 g
Fresh mint, chopped	2 oz.	60 g
Olive oil	8 fl. oz.	250 ml
Lemon juice	8 fl. oz.	250 ml
Tomato concassée	1 lb.	500 g
Salt and pepper	TT	TT
Pine nuts, toasted	4 oz.	120 g



1. Place the bulgur in a bowl and cover with cold water. Soak the bulgur until tender, approximately 2 hours.
2. Drain the bulgur and squeeze out all the excess water.
3. Add the onions, green onions, parsley, mint, olive oil and lemon juice. Mix well.
4. Add the tomato concassée; mix to combine. Season with salt and pepper.
5. Garnish with the toasted pine nuts.

Approximate values per 4-oz. (120-g) serving: **Calories** 280, **Total fat** 21 g, **Saturated fat** 3 g, **Cholesterol** 0 mg, **Sodium** 280 mg, **Total carbohydrates** 17 g, **Protein** 5 g, **Vitamin A** 30%, **Vitamin C** 60%, **Iron** 70%, **Claims**—no cholesterol; good source of fiber

RECIPE 24.44 BREAD SALAD

Note: This dish appears in the sandwiches chapter opening photograph.

WILDFLOWER BREAD COMPANY, SCOTTSDALE, AZ

Yield: 20 Servings, 8 oz. (240 g) each

Crusty bread, cut into 1-in. (2.5-cm) cubes	1 gal.	4 lt
Tomatoes, diced	21 oz.	630 g
Fresh basil, chopped	2½ oz.	75 g
Fresh parsley, chopped	2½ oz.	75 g
Red bell peppers, diced	5 oz.	150 g
Mushrooms, marinated	5 oz.	150 g
Garlic, chopped	2 tsp.	10 ml
Garlic salt	TT	TT
Lemon pepper	TT	TT
Olive oil	5 oz.	150 ml
Red wine vinegar	3½ fl. oz.	105 ml
Fresh parsley, chopped	as needed for garnish	
Parmesan, grated	as needed for garnish	

1. Spread the bread cubes out on a sheet pan and allow them to dry at room temperature for 3 to 4 hours.
2. Mix the remaining ingredients (except the garnishes) together in a large bowl until everything is evenly distributed.
3. Toss the bread cubes into the salad and coat them well with the salad liquid.
4. Serve at room temperature, garnished with a light sprinkle of chopped parsley and grated Parmesan.

Approximate values per 8-oz. (240-g) serving: **Calories** 452, **Total fat** 10 g, **Saturated fat** 2 g, **Cholesterol** 1 mg, **Sodium** 1566 mg, **Total carbohydrates** 78 g, **Protein** 12 g, **Vitamin A** 31%, **Vitamin C** 40%, **Iron** 41%